



# Navy Drug Detection and Deterrence News

## Page 1

Nicotine, Caffeine and Your Heart; Messages to Share

## Page 2

Tidy Up Your Medicine Cabinet, Transition to DoD ID for Specimens, Events

## Messages to Share

Below are sample messages that can be shared on social media or as Plan of the Week notes aligned with Navy Drug Detection and Deterrence's prevention efforts:

1. Drugs like cocaine, heroin and amphetamines can negatively impact cardiovascular health. Take care of your heart by avoiding illicit drugs, taking prescription and over-the-counter drugs correctly and quitting smoking along with maintaining a healthy diet and engaging in physical activity. Learn more from the Navy and Marine Corps Public Health Center's Heart Health Month toolkit at [go.usa.gov/xETs9](http://go.usa.gov/xETs9).
2. Getting behind the wheel after drinking alcohol can put yourself and your Valentine at risk. Give a gift that's better than chocolates. Pledge to be a designated driver before Valentine's Day. Learn more at [go.usa.gov/xPWPH](http://go.usa.gov/xPWPH).
3. Cannabidiol or CBD is becoming increasingly popular, and the recent 2018 Farm Bill may make its legality for service members confusing. Navy policy states that CBD use and possession is prohibited for Sailors. Any policy changes will be communicated through an official source.
4. Prescription medications are safe and helpful when taken as prescribed, but improper use can have negative effects. Follow the "Four Steps" to avoid misuse and protect your health and career: 1) Take correctly, 2) Report Promptly, 3) Dispose Properly, and 4) Never share. Learn about safe prescription drug use and disposal at [youtu.be/haooa6Yf17s](https://youtu.be/haooa6Yf17s).

## Nicotine, Caffeine and Your Heart

A new year often means new health resolutions. It may be discouraging to learn that over half of people who make New Year's resolutions fail at achieving them. Maximize your chances for success by making sure your choices are not working against you. February is Heart Health Month, and two popular resolutions can improve heart health: quitting smoking and increasing activity.



### Are E-Cigarettes a Safe Alternative to Cigarettes?

Several studies show that instead of quitting smoking by vaping, people often end up doing both, which is more dangerous than smoking alone. In addition to nicotine, e-cigarettes may contain formaldehyde and harmful flavorings that can lead to lung disease and damage blood vessels. E-cigarettes users have **twice the risk** of heart attack as non-users, and a 2018 **study** showed that daily e-cigarette users were 48% **less** likely to quit smoking and actually smoked more cigarettes on average daily than those who did not vape.

Making a plan to quit, keeping busy, avoiding triggers, staying positive, and asking loved ones for support are five tips for quitting recommended by [smokefree.gov](http://smokefree.gov). The most effective smoking cessation method includes in-person counseling along with medications such as varenicline (Chantix) and bupropion (Wellbutrin or Zyban).

### Do Energy Drinks Safely Boost Energy?

Boosting your energy to exercise more and speed your metabolism sounds good in theory. Misusing **prescription stimulants** to boost energy is risky, but you may also want to reconsider that energy drink. Some contain as much as 300-500 mg of caffeine while a regular soda only contains about 34 mg. Energy drinks also contain substances like taurine which heightens caffeine's effects or guarana which contains *more* caffeine. Neither of these has been FDA-approved as safe in the food supply. Just one energy drink can raise blood pressure to unhealthy levels and, according to a University of Texas at Houston **study**, even narrow blood vessels, increasing risk of heart attack and stroke.

Fatigue is often one of the first signs of dehydration, so try water or a sports drink like Gatorade to refuel. But remember that convenience stores often display energy drinks next to sports drinks. Make the healthier choice.

### Where Can I Reach Out for Help?

If you or someone you know has a problem with drugs or alcohol, speak with your command DAPA or doctor, or call 1-866-U-ASK-NPC.



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## Tidy Up Your Medicine Cabinet

Are you one of the many Americans who made a New Year's resolution to declutter or organize your living space in 2019? The concept of "tidying up" has soared in popularity lately with the publication of books and even a TV show, but there's one area of the home that people may overlook: the medicine cabinet. If you have expired medications or unused prescriptions that you're hanging onto, now is the perfect time to dispose of them.

After completing your treatment regimen, safely dispose of any unused medication to prevent someone else from using them and to protect the environment. To dispose of unused or expired medication at home, empty the contents into a small plastic bag mixed with water and an undesirable substance (such as kitty litter or used coffee grounds). Use a dark marker to cross out personal information on the bottle. Throw the bag and bottle in the trash.

The Military Health System has established a year-round drug take-back program, offering secure drop boxes at participating military treatment facilities (MTFs) across the U.S. and overseas. Navy locations include Naval Hospital Camp Pendleton, Naval Hospital San Diego and Naval Hospital Jacksonville. Drop boxes provide safe, convenient and anonymous disposal of unwanted, unused or expired prescription medications. Eligible medications include narcotics, non-controlled and controlled substance prescriptions, and over-the-counter (non-prescription) drugs.

Following the Four Steps ensures safe use of prescription medications: 1) Take correctly. Follow the doctor's orders and prescription instructions as directed; 2) Report promptly. Ensure that both Navy Medical and your command are aware of your current prescriptions; 3) Dispose properly. Place unused meds in small plastic bag with used coffee grounds and throw the bag in the trash. Cross out personal information on your prescription labels; and 4) Never share. Never share your prescriptions with a friend, shipmate, or family member.

For more information on proper disposal of medications, visit the Prescription for Discharge campaign website at [go.usa.gov/xEWmm](http://go.usa.gov/xEWmm).



## Current and Upcoming Events

### February DDD Webinars

*All webinars are scheduled for 1000-1130 CT and 1700-1830 CT*

13 — Chain of Custody Procedures

27 — IFTDTL Update

To join, log on at [go.usa.gov/xPPS2](http://go.usa.gov/xPPS2).

### ADAMS for Leaders, DAPA, UPC & Drug Aware Courses

Can be accessed using your CAC by logging in to My Navy Portal (MNP) at [my.navy.mil](http://my.navy.mil).

### NMCPHC Heart Health Month

February

Find the toolkit at [go.usa.gov/xETs9](http://go.usa.gov/xETs9).

### Go Red for Women Day

February 1

Learn more at [goredforwomen.org](http://goredforwomen.org).

### World Cancer Day

February 4

Learn more at [worldcancerday.org](http://worldcancerday.org).

## Transition to DoD ID for Specimens

The Electronic Data Interchange Person Identifier (EDI-PI) or DoD ID will now be the primary means of identifying samples in the Military Drug Abuse Testing Program (MDATP), to satisfy the requirements of DoDI 1000.30 which aims to reduce the use of social security numbers (SSNs) within the DoD.

Beginning February 1, 2019, specimens identified by SSN that arrive at the drug testing laboratories will be assigned the discrepancy "IT—SSN Received as DoD ID" and tested. Beginning January 1, 2020, specimens received without the EDI-PI that have not been granted exemptions will no longer be tested and will be assigned "IN—SSN Received as DoD ID." The 12-month grace period should be used to ensure adoption of the EDI-PI; however, in the limited situations where tested individuals are not assigned an EDI-PI, the SSN will be authorized. OPNAV N170D has identified the Unit Identifiers (UICs) that will be waived, and once approved, they will not be flagged by the lab when posting result discrepancy "IT" or "IN" respectively.

Commands affected may call the Navy Drug Screening Program (NDSP) Help Desk at 901-874-4204 or DSN 312-882-4204 or email [MILL\\_NDSP@navy.mil](mailto:MILL_NDSP@navy.mil) if there are any questions.

